

TIME OF DEATH

Resource Guide

TO CONNECT WITH SUPPORT - GENERAL

- Whether you are caring for someone, grieving a loss, planning ahead or living with an illness, easy-to-follow resources are available through the Caring Connections Web site, created by the National Hospice and Palliative Care Organization (<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=1>)

TO CONNECT WITH SUPPORT – IF YOU ARE LIVING WITH AN ILLNESS

- National Hospice and Palliative Care Organization – place to start (<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3343>)
- Compassion and Choices - resources including end-of-life consultation (<http://www.compassionandchoices.org/>)
- Aging with Dignity – organization promoting the “Five Wishes” that establish end-of-life care wishes (<http://www.agingwithdignity.org/>)

TO CONNECT WITH SUPPORT – IF YOU ARE A CAREGIVER

- Share the Care – how to create community around active care (<http://www.sharethecare.org/index.html>)
- Caring Bridge – social media portal for support (<http://www.caringbridge.org/>)
- Today’s Caregivers – resources for caregivers (<http://www.caregiver.com/>)

TO CONNECT WITH SUPPORT – IF YOU ARE GRIEVING

- Livestrong – articles, writers on grief (<http://www.livestrong.com/grief/>)
- GriefShare – grief support community (<http://www.griefshare.org/>)
- HealGrief – community, support and connections (<http://www.healgrief.org>)
- Compassionate Care Alliance – resources for processing grief (http://www.caringresources.org/grief_recovery/support.html)
- Compassionate Friends – grief support after the death of a child (<http://www.compassionatefriends.org/home.aspx>)

LISTS OF RECOMMENDED READING AND OTHER RESOURCES

- Our House Grief Support Center Recommends (http://www.ourhouse-grief.org/resources/recommended_reading/)
- Laurel L. Lewis’ Resource Page (<http://laurellewis.com/>)
- Dying Matters (<http://dyingmatters.org/>)
- The Living/Dying Project (<http://livingdying.org>)

HOW CAN I HELP? TO SUPPORT END-OF-LIFE WORK

- 10 Ways to Make Your Difference through the National Hospice Foundation (http://www.nationalhospicefoundation.org/files/public/NHF_How_Can_I_Help.pdf)

HOW CAN I HELP? SUPPORT INDIVIDUALS/FAMILIES FROM THE DOCUMENTARY

- **MICHAEL MUTH** (Episode 101) - Memorial donations may be sent to Companion Hospice, 8130 Florence Ave., Suite 200 Downey CA, 90240.
- **LENORE LEFER** (Episode 102) – Lenore’s family requests that contributions be sent to: The Lenore Lefer Scholarship Fund for the Commonweal Cancer Help Program, Commonweal, PO Box 316, Bolinas, CA, 94924. Donations can also be made on-line at www.commonweal.org. Select the “Donate Now” button. In the remarks section, enter Lenore Lefer Scholarship.
- **TONI YANCEY** (Episode 104) - Toni’s family requests that donations be sent to the Yancey Edgley Scholarship Fund; checks can be mailed to Santa Monica College, Black Collegians, 1900 Pico Blvd., Santa Monica, Calif. 90405.
- **MORRIS BRADLEY, JR.** (Episode 105) – Morris’ family requests that donations be sent to the Alexander Bradley Scholarship Fund, 5205 Holt Avenue, Los Angeles, 90056.

ORGANIZATIONS & INDIVIDUALS THAT SUPPORTED THE MAKING OF THIS DOCUMENTARY SERIES

- First Descents - provides outdoor challenges for terminally ill patients (www.firstdescents.org)
- Dream Foundation - grants wishes for terminally ill adults (www.dreamfoundation.org)
- Stupid Cancer - empowers young adults affected by cancer through programs and services (stupidcancer.org)
- Motion Picture Television Fund – social and health support programs for members of the entertainment industry community (<http://www.mptf.com/>)
- MJHS - New York, NY, based hospice and palliative care organization (<http://www.mjhs.org/>)
- Southern California Hospice Foundation - grants wishes to terminally ill people (<http://www.socalhospicefoundation.com/>)
- Companion Hospice – Southern California and Arizona based healthcare organization that provides hospice, home health and palliative care services (<http://www.companionhospice.com/>)
- UCLA Palliative Care Program - facilitates multidisciplinary services and expertise to help care for patients with advanced or terminal illness, and their families (http://www.uclahealth.org/body.cfm?id=453&action=detail&limit_department=33)
- City of Hope – named as one of the top cancer hospitals in the country by *U.S. News & World Report* over last 10 years (www.cityofhope.org)
- Pro-Care Hospice – Southern California based program committed to providing quality of life for those who have a limited life expectancy (www.procarenet.com)
- Seasons Hospice & Palliative Care – multiple service areas across the U.S. for family-focused end-of-life care (www.seasons.org)

- Visiting Nurse and Hospice Care of Santa Barbara – comprehensive home health, hospice and related services in the Santa Barbara area, available regardless of inability to pay (www.vnhcsb.org)
- Chokhor Gepel Ling/Tibetan Buddhist Center – a Buddhist center founded in the inspiration and guidance of his Holiness the 14th Dalai Lama (<http://www.chokhor-gepel-ling.org/>)